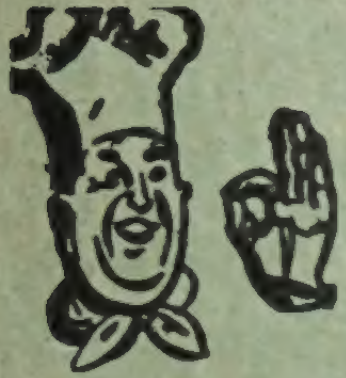


SAVORY SEAFOODS OF OREGON

PRIZE WINNING RECIPES
1957-56
FISH FAVORITES

Compliments of.

POINT ADAMS PACKING CO.

Hammond, Oregon

"GOOD SEAFOODS WELL PREPARED ARE GOOD EATING"

During the second Oregon Fish Festival sponsored by the Astoria Regatta Association in July 1957, there was another seafoods cooking contest. The judges were:

Cathrine Laughton, Director.
Mary Cullen's Cottage, the Oregon Journal, Portland, Oregon.

Nell Nichols, Director.
Food and Equipment Department, Farm Journal, Philadelphia, Pa.

Anne Shaw, Food critic.
Traveller, Oswego, Oregon.

This booklet gives you the prize winning recipes of both contests, 1957 and 1956, as well as "Fish Favorites From Far-Away", which you will discover are recipes prepared by good cooks of twelve different nationalities.

Astoria, center of the state's fisheries industries, situated at the mouth of the Columbia River, derived its name from John Jacob Astor whose expedition reached this area in 1811 and established a fur-trading post in what is now the business center of the city. Prior to that, Captain Robert Gray, in 1792, discovered and entered the river which now bears the name of his ship, "The Columbia". Meriwether Lewis and William Clark terminated their famous "Lewis and Clark Expedition" by spending the winter of 1805-06 at Fort Clatsop, near Astoria.

Astoria was the first permanent white settlement west of the Rockies and is thus richly endowed in early western history. You are invited to write the Astoria Chamber of Commerce for free descriptive literature describing the many attractions and facilities of the area.

PRIZE WINNERS—1957

Appetizers—1st Prize

SEAFOOD DIP A LA BREAD BASKET

1 pint sour cream
1 tbsp. horseradish
1 tbsp. lemon juice
½ tsp. salt
¼ tsp. dry mustard
½ pkg. concentrated onion soup
1 can shrimp
1 can crab or 1 cup crab legs

Mix seasonings in sour cream and fold in seafoods. Hollow out a loaf of bread after cutting off top of loaf and toast in slow oven until lightly toasted. Place chilled mixture in hollow loaf and add top of loaf for lid.

—Mrs. H. R. Kuratli

Appetizers—2nd Prize

TUNA-SALMON APPETIZER

1 7 oz. can tuna
1 7 oz. can salmon
2 hard -cooked eggs
3 tbsp. chopped celery
2 tbsp. chopped celery root
3 tbsp. chopped green onion
2 tbsp. mayonnaise
3 tbsp. Miracle Whip salad dressing

Drain the fish and flake with a fork. Chop 1½ eggs, add to fish with the rest of the ingredients. Mix well. Garnish with the remaining half egg, cut in fancy shapes. Serve on crackers or on thin slices of bread, for "Open Sandwiches".

—Hilma Johnson

Salads—1st Prize

TUNA CRUNCH SALAD

1 7 oz. can tuna
3 tbsp. chopped pickle
1 tbsp. minced onion
½ cup mayonnaise
1 tbsp. lemon juice
1 cup shredded cabbage
1 bag potato chips—crushed
Deviled eggs
Tomato wedges

Combine first 5 ingredients. Chill. Add cabbage and toss. Add potato chips just before serving, toss. Heap in lettuce-lined bowl. Garnish with eggs and tomato wedges. Serves 4.

—Mrs. J. H. Wood

Salads—2nd Prize

SEAFOOD SURPRISE SALAD

1 can crab
1 can shrimp
1 can tuna
1 cup cooked macaroni saladettes
3 radishes, diced
1 celery stalk, diced
3 green onions, sliced
6 tomatoes (firm)
Parsley
Dash of paprika

Combine crab, shrimp, tuna, macaroni, radishes, celery, and onions. Mix together ½ cup chili sauce and 1 cup mayonnaise. Add to fish mixture. Scald tomatoes and peel. Cut in fourths half way down. Fill tomatoes with fish mixture. Place tomatoes on lettuce cup. Garnish with parsley, paprika, and sliced dill pickle. Serves 6.

—Mrs. Andrew Young

NORTHWEST CLAM CHOWDER

2 to 4 doz. razor clams
10 slices lean bacon
2 medium white onions
3 tbsp. butter
5 hard-cooked eggs, chopped
1 medium potato
6 white crackers
2 qts. milk
2 tsp. salt
¼ tsp. white pepper

Chop clams, using course grinder, or cut in small pieces. Cook 5 minutes in pressure cooker or simmer 1 hour in covered pan. Broil bacon in oven until crisp but not dark colored. Peel and dice potato, add ½ cup water and cook until tender but not soft. Dice onion and saute, slowly, in 3 tbsp. butter until tender. Roll 6 white crackers, fine, on board with rolling pin. Combine all ingredients in large pan. Let stand over night to blend flavors. Heat to just under boiling point. Serve in steaming hot bowls.

—Mrs. H. M. Flavel

COD FISH STEW (Danish)

1½ lbs. fresh or thawed, frozen cod fillets
3 strips bacon
3 medium onions, sliced
1½ lbs. peeled white potatoes, cut in ¾ in. cubes
½ tsp. celery seed or ½ cup diced celery
3 large peeled carrots, cut in ¾ in. cubes
¼ cup green peppers, diced (optional)
4 tsp. salt
¼ tsp. pepper
3 cups boiling water
1 No. 2½ can tomatoes
2 tbsp. parsley, minced

Method: Saute bacon in deep kettle or dutch oven until lightly browned; then set bacon aside. In same kettle, saute onions until tender. Add fish cut in 2½ inch pieces; add next seven ingredients. Simmer, covered, until vegetables are tender, about 25 minutes. Add tomatoes, heat through. Garnish with parsley and bacon bits. Makes approximately 6 servings.

—Mrs. Clifford Olson

Entrees—1st Prize—Grand Prize

BROILED HALIBUT SUPREME

Marinate one-inch thick slices of halibut in the following sauce for one hour:

1 tbsp. grated onion
2 tbsp. lemon juice
3 tbsp. melted butter

Arrange halibut steaks in shallow pyrex baking dish, and pour over them the remaining sauce. Broil until tender (about 15 minutes). Do not turn steaks. Garnish with paprika and parsley before serving. This makes two generous servings.

—Mrs. G. Wallis Ohler

Entrees—2nd Prize

SWEDISH FISH BALLS

Grind two lbs. sturgeon with fine blade of chopper
Grind one small onion
Grind 1⅛ cup bread crumbs
Beat 3 eggs
Add ½ tsp. black pepper
Add 1 tbsp. salt
About 2 tbsp. whole allspice may be used in gravy or directly in fish balls (optional)

Mix above ingredients and form into about 40 fish balls about the size of golf balls. Fry in butter until lightly brown. Place in double boiler. For gravy add more butter, then flour, and cream. Use milk to thin a little, plus seasonings. Pour over fish balls in double boiler and simmer gently about ¾ hour. Also add dabs of butter. (Too long over hot water will curdle gravy).

Preparation time: About 1 hour.

—Mrs. Harold Snow

Men's Division—1st Prize

SHAD ROE APPETIZER

Mix 1 oval can shad roe, then add:
3 level tbsp. mayonnaise
2 level tbsp. Durkee's meat sauce
1 tsp. Worcestershire sauce
3 tsp. lemon juice
½ tsp. horseradish
3 level tsp. finely chopped chives
½ tsp. table salt

Mix thoroughly and chill. Serve with assorted crackers.

—Axel Englund

Men's Division—2nd Prize

SALMON CHEEKS WITH A HOT OVEN

5 to 12 medium sized cheeks per person
2 tbsp. salt per cup of milk
Bread crumbs

Soak the cheeks 15 minutes in the salted milk. Shake off the milk, coat with dry bread crumbs and place on a greased uncovered pan. Put in an oven preheated to 525° F. and cook without top heat at that temperature for 10 minutes.

Comment:

This method is suited to any fish in round, steaked, or filleted form provided it is not more than 1 inch in thickness; a 1 inch thick piece will require 20 minutes to cook, however. The method has the advantage of moistness of product that frying affords but avoids almost all of the rancidity attendant with frying. There is no substitute for the bread crumbs in this recipe because of the way they brown as they protect the fish at this high heat.

—Lyle Anderson

PRIZE WINNERS—1956

Appetizers—1st Prize

SMOKED SALMON ROLL-UPS

1 7 oz. can smoked salmon
1 tsp. (hot) horseradish
2 tbsp. lemon juice
1 tsp. onion, grated
2 tbsp. mayonnaise
1 tbsp. salad dressing
1 dash cayenne pepper
1 package prepared pastry mix
Paprika

Drain salmon and flake finely. Add horseradish, lemon juice, onion, mayonnaise, salad dressing, and pepper and blend into a paste. Prepare pastry according to directions on package. Divide in half and roll halves into very thin circles about 9 inches in diameter. Spread pastry circles with salmon mixture and cut each circle into 16 wedge-shaped pieces. Roll each wedge, starting with wide end and rolling to point. Bake on greased baking sheet in hot oven (425 degrees) for 15 minutes or until light brown. Remove from oven, sprinkle with paprika and serve. Makes 32 rolls.

—Mrs. Arthur Paquet

Appetizers—2nd Prize

SMOKED STURGEON S'MORS

(When you eat one, you want some more)

Take one pound lightly smoked sturgeon and put through food chopper to make:

2 cups ground smoked sturgeon

Add:

½ cup cracker crumbs
1 egg
1 tsp. chopped onion
Pinch of grated garlic
Salt and pepper to taste

Shape into small balls and roll in flour and fry in shortening until golden brown. Add one cup water and cover and simmer for one hour. May be served hot or cold with toothpicks stuck into them for appetizers.

—Mrs. A. B. Curtis

Appetizers—3rd Prize (tied)

SUOLA KALA (SALTED FISH)

20 lbs. fresh, raw salmon
Clean fish— remove backbone
Slice fish to individual taste and add ½ lb. sugar. Rub into fish well.
Let stand overnight
Add 2½ lbs. rock salt.
Let stand 5 days

Serve on hardtack or rye bread. If served on hardtack, should be eaten immediately.

—Susan Latvala

Appetizers—3rd Prize (tied)

GRAVLAX (CURED SALMON)

2½ to 3 pounds salmon (center cut)
¼ cup olive oil
½ cup salt
½ cup sugar
1 tsp. pepper
1 tsp. allspice
Pinch of saltpeter
Few sprigs of fresh dill

Sauce
2½ tbsp. prepared mustard
5 tbsp. sugar
½ tsp. salt
2 tbsp. olive oil
1 tbsp. (or more), vinegar
1 tbsp. heavy cream
2 tbsp. chopped dill

Split salmon, bone, rub all sides with olive oil. Mix salt, sugar, pepper, allspice, saltpeter and season fish. Place fish in enamel pan or glass dish and top with sprigs of dill. Put fish in a light press by placing a heavy flat plate on it for 24-36 hours. Keep refrigerated. Drain liquid, wipe off spices, slice thinly and serve with or without Gravlax sauce.

Gravlax Sauce:

Combine mustard, sugar, salt, and add oil and vinegar slowly, mixing well. Lastly, stir in cream and dill. Serve cold.

—Mrs. Ragnar Nyback

CLAM CHOWDER

This is a large recipe for clam chowder base. It is ideal for families with home freezers as the base can be frozen and added to thickened milk as it is needed. Recipe makes 5 pints of base.

6 slices bacon, finely diced
4 medium onions, finely diced
1 cup celery tops, chopped
6 medium potatoes, finely diced
3 cups water
5 tsps. salt
½ tsp. pepper
5 cups minced clams

Saute bacon until golden but not brown. Add onions and celery tops to bacon and cook until onion and celery are wil ed. Add remaining ingredients, simmer until potatoes are tender, about ½ hour. The base is now completed.

2 tbsp. butter
1⅓ tbsp. flour
4 cups rich milk
4 cups clam chowder base

Melt butter and blend in flour. Remove from heat and slowly stir in milk. Return to heat and cook until slightly thickened. Add clam chowder base and heat through but do not boil. Add a little butter and paprika to taste. Serves 8.

—Mrs. Jennie Olson

Chowders—2nd Prize

MOTHER'S CLAM CHOWDER

2 slices salt pork or bacon, diced
1 onion, diced
1 cup water
2 cups diced potatoes
3 carrots, diced
2 stalks celery, diced
1 quart milk
1 pint minced clams

Brown salt pork or bacon with onions. Add water and potatoes, carrots, and celery. Cook until vegetables are tender, season with salt and pepper. Add milk and clams, and simmer until hot. This chowder may be thickened if preferred. Serves 4-6.

—Mrs. Harold Johnson

Chowders—3rd Prize

CLAM CHOWDER

3 slices bacon, finely diced
3-4 tbsp. chopped onion
2 cups diced raw potatoes
1¼ cups water
1 tsp. salt
1 tsp. butter
2 cups milk
1 7 oz. can minced razor clams

Saute bacon and onions together for five minutes, do not brown. Drain off fat. Add bacon and onions to potatoes, water, salt, and butter. Cook until potatoes are done. Add clams and milk. Heat just to boiling point and serve. (Do not boil). Makes 4 servings.

—Mrs. Bessie Miller

Salads—1st Prize

CRAB MEAT ROLLS

1 cup flaked crab meat
1 cup diced celery
1 hard cooked egg, chopped
Mayonnaise
Salt
Paprika
Rolls, buttered

Blend crab meat, celery, egg, and mayonnaise, adding seasoning to taste. Cut rolls lengthwise, remove part of bread, butter and fill with salad. Serve on crisp lettuce with sliced dill pickle. Serves 4.

—Mrs. A. E. Young

Salads—2nd Prize

MACARONI-SHRIMP SALAD

4 cups cooked elbow or shell macaroni
1 cup cooked shrimp or
2 4½ oz. cans shrimp
5 green onions, chopped
3 stalks celery, chopped
2 dill pickles, chopped
6 hard cooked eggs, chopped

Combine ingredients and mix in mayonnaise to which a small amount of chili sauce has been added. Serves 6.

—Susan Latvala

Salads—3rd Prize

DE LUXE SHRIMP SALAD

2 tbsp. unflavored gelatin
¾ cup cold water
1½ cups tomato soup
1 8 oz. pkg. cream cheese
1½ cups mayonnaise
1¾ cups celery, diced
¾ green pepper finely chopped
1 tbsp. minced onion
1½ cups cooked shrimp
3 tbsp. lemon juice
1 tsp. salt
¼ tsp. pepper

Soften gelatin in cold water and dissolve in hot tomato soup. Cool. Thoroughly combine remaining ingredients and gradually stir in gelatin mixture. Pour into 2½ quart fish mold. Chill until firm. Unmold and serve on crisp lettuce leaves with a French dressing. Serves 10 to 12.

—Suzanne Englund

Entrees—1st Prize

NORWEGIAN HALIBUT CASSEROLE

1 to 1½ pounds halibut (raw)
1 pint thick cream sauce
6 eggs
6 medium potatoes (boiled and mashed without milk)

Boil halibut; bone, work until fine. Add mashed potatoes, beat well. Add sauce, then egg yolks, mix well. Season to taste with salt, pepper and mace. Fold in beaten egg whites. Bake an hour in a moderate oven in buttered casserole. Serve with melted butter. This recipe serves 6.

—Mrs. Harold Johnson

STURGEON BALLS DE LUXE WITH CRAB

Make a rich cream sauce, add about 14 sturgeon balls.
Add:
1 can of crab meat
1 small bottle of capers (optional)
1 tbsp. chives or parsley

Heat slowly in casserole or double boiler; garnish with parsley and pimiento when serving.

RECIPE FOR STURGEON BALLS

Cut up 3 pounds cleaned sturgeon
1 pint rich milk (more if needed)
2 eggs
1 medium onion
½ tsp. nutmeg
1 tsp. mace
3 tsp. salt
½ tsp. pepper
2 tbsp. potato flour
2 tbsp. all purpose flour

Grind sturgeon three or four times with onion. Put in electric beater, keep beating while adding milk slowly, add rest of ingredients, beat about 20 minutes (more beating the better), drop part at a time by tablespoons in hot broth made from trimmings of sturgeon. Cook 15 minutes. This recipe may be cut in half for smaller family. Sturgeon balls may be frozen for further use.

—Mrs. Henry Larsen

REX SOLE SUPREME

4 to 6 large fillets of rex sole,
salt and pepper to taste
Stuffing
Parsley sauce

Place alternating layers (3 of sole, 2 of stuffing) of rex sole and stuffing in well greased baking dish. Brush with melted butter and bake in 375° to 400° oven until fish is done, basting occasionally with melted butter. Place fish on serving platter, cover with sauce, sprinkle with paprika. Garnish with parsley.

Stuffing:

½ cup butter
¼ cup finely minced onion
4 cups coarse bread crumbs
1 tsp. celery seed
¼ to ½ cup finely chopped parsley
1 tbsp. relish
2 tsp. salt
¼ tsp. pepper
1 tsp. thyme

Melt fat in heavy skillet, add onion and half of crumbs, mix well. Turn into deep bowl and mix in celery seed, parsley, relish, salt, pepper, thyme, and remaining crumbs. Mix in just enough hot water to moisten dry crumbs.

Parsley Sauce:

2 tbsp. butter
2 tbsp. flour
½ tsp. salt
⅛ tsp. pepper
1 cup milk
½ cup chopped parsley
2 diced hard cooked eggs

Melt butter over low heat. Blend in flour and seasonings and cook over low heat, stirring until mixture is smooth. Remove from heat. Gradually stir in milk and cook until thickened. Add parsley, then carefully stir in eggs.

—Mrs. Jerry Fletcher

INDIAN FISH
Alder Wood Charcoal Salmon

Cut an 18 to 20 pound salmon into 4 or 5 pound chunks (cross-wise cut through the fish—not fillet).

Make a brine by dissolving:

1 gallon boiling water
4 pounds table salt

Cool brine well. Put the salmon in a crock and cover with brine. Use a weight to hold it down and permit the salmon to stand in the brine 24 hours in a cold place. Remove salmon, wipe dry, and wrap in the following manner:

1. Wrap wax paper around the salmon.
2. Wrap a sheet of white wrapping paper around it.
3. Wrap 2 thicknesses of newspaper, which has been moistened until wet but still able to handle, around it.
4. Wrap with about 4 to 5 double pages of dry newspaper, and place on the alder coals.

Permit the fish to be in the coals 15 to 20 minutes per pound. Turn the fish frequently as it cooks, so that all sides cook until all paper is burned except the last layer of wax paper, which also will be charred.
Peel off all burned paper and remove skin from fish. Serve either hot or cold.

—Mrs. J. Murto

BAKED CHINOOK SALMON

With Vegetable Dressing

8 pounds salmon
1 tsp. salt
¼ tsp. pepper
1 pound box salted crackers
4 cups ground raw carrots
1 cup ground onions
1 cup ground celery
1 cup coarse chopped parsley
1 tsp. salt
¼ tsp. pepper
1 level tsp. sage
½ tsp. thyme
½ tsp. dry mustard
2 eggs
1 cup melted butter, margarine, or bacon drippings

Remove backbone from salmon. Sprinkle inside of fish with salt and pepper. Crush crackers. Add carrots, onions, celery, parsley, seasonings, well beaten eggs, and melted butter, margarine, or bacon drippings. Mix well and place in cavity of fish. Place in greased baking dish and bake for 3 hours at 325° F. Remove from oven and remove top skin. Cover with the following mixture:

1 cup buttered toasted crumbs
¼ cup minced onion

Place in oven and brown for about 15 minutes. Garnish and serve.

—Mrs. C. O. Moberg

STURGEON LOAF

2 pounds sturgeon
3 tbsp. onion, chopped
2 eggs
2 cups milk
1 tsp. nutmeg
¼ tsp. pepper
¼ tsp. allspice
3 tsp. salt
2 tbsp. potato flour

Grind sturgeon and onion six times. Add the unbeaten eggs. Then add the remaining ingredients alternately with the milk. Place in ungreased loaf pan. Bake in pan of water 400° for 30 minutes. Reduce heat to 350° and bake for 30 minutes longer. Serve either hot or cold.

—Mrs. Nils Sagen

Sweepstakes Winner

Men's Division—1st Prize

PLANKED SALMON

For this method the salmon is split in halves along the backbone and nailed onto boards. Allow one third pound fish per person.

Select rather thick boards that are about a foot longer and wider than you estimate the piece of fish will be. Soak the boards in water over night or for several hours, at least, to prevent scorching before the fire. Put a weight on the boards to keep them under water.

Wipe the fish and place it, skin side down, on the center of the board. Sprin-

kle with salt. Lay strips of bacon across fish and fasten fish to boards with large headed nails, putting nails through bacon and along edge of fish. Drive nails into board only enough to hold fish in place. Lean the planked salmon against a block of wood or other support at the edge of a medium fire. Cook the fish rather slowly so as not to burn it or lose too much juice. It should however, be thoroughly done and slightly brown on the surface when served. A fish section of 1½ inches in thickness requires one and one-half hours or more to cook. Planked salmon must be watched carefully to see that it is cooking properly, and it may have to be moved occasionally toward or away from the fire. When about one-fourth done, reverse plank so that the upper part lies next to the ground. Later reverse boards again or lay them on the side.

To serve cut in desired number of rectangular sections. Take up with a tablespoon or spatula. Serve without skin. Serve planked salmon with Tartar Sauce or Quick Tomato Sauce, if desired.

—J. H. Wood

Men's Division—2nd Prize

PICKLED SALMON

1½ pounds well-cured, salt salmon
1 cup whole pickling spice
2 medium onions, sliced
1 tbsp. white sugar
Vinegar

Soak salmon in fresh water 12 hours. Cut into slices one-fourth inch thick. Put a layer of pickling spice on bottom of a quart jar, then a layer of fish, a layer of onion slices; spice, fish, sugar, onion, etc. When full, add vinegar to cover and let stand three days or more. Makes one quart.

—Carl Johnson

Men's Division—3rd Prize

FILLET OF SOLE (STUFFED)

2 fillets of petrale sole
1 small can of mushrooms
3 tbsp. butter
½ clove garlic

Place 1 fillet in bottom of baking dish. Cover with a layer of mushrooms and sprinkle with 5 or 6 drops of garlic juice. Cover with second fillet. Place butter on top of fillet. Bake in covered dish at 350° for 10 to 15 minutes. Drain off liquor from baked fish. Make a white sauce using some of the fish liquor. Cover the fillets with the sauce. Garnish and serve.

—A. Y. Engbretson

FISH FAVORITES FROM FAR-AWAY, 1957

ARMENIAN

3 pounds rockfish fillets (Rock cod)
French dressing
1 eggplant, sliced
1 tbsp. dry parsley
½ cup sliced canned mushrooms, drained (optional)
4 tbsp. oil
4 or 5 green onions, chopped fine
¼ tsp. pepper
1 tsp. salt
¼ tsp. Italian herbs
1 7-ounce can hot tomato sauce

Marinate fish fillets in French dressing to cover for 1 hour. Saute eggplant slices in oil. Remove slices, and add parsley, onions, and seasonings, and saute.

Oil a 2 quart casserole, and alternate layers of sauteed seasonings, egg plant and fish fillets. Top with tomato sauce that has been mixed with 1 can water and mushrooms. Bake in hot oven, 450 degrees for 20 minutes. Serve with garlic bread. Serves 6.

—Mrs. C. M. Love

NORWEGIAN

STURGEON BALLS WITH CRAB SUPREME

Make a rich cream sauce with 1 quart milk
Add: 14 sturgeon balls
1 7-ounce can crabmeat
1 small bottle of capers (optional)
1 tbsp. chives or parsley and a little pimiento

Heat slowly in casserole or double boiler; garnish with parsley and pimiento when serving.

STURGEON BALLS

3 pounds trimmed sturgeon
1 medium onion
1 pint rich milk (more if needed)
2 eggs
½ tsp. nutmeg
3 tbsp. potato flour or all-purpose flour
1 tsp. mace
1 tbsp. salt
½ tsp. pepper

Grind sturgeon three or four times with onion. Put into a bowl and beat with electric beater while adding the milk slowly. Add remaining ingredients and continue beating for about 20 minutes (more beating the better). Drop by tablespoon (the size of walnuts) in hot broth made from trimmings of sturgeon, with salt added. Cook 15 to 20 minutes in broth. Sturgeon balls may be frozen for future use.

—Mrs. Henry Larsen

CODFISH STEW

3 strips bacon, diced
3 sliced medium onions
1½ pounds fresh or thawed frozen cod fillets
1½ pounds potatoes, cut in ¾ inch cubes
½ tsp. celery seed or ¼ cup diced celery
3 large carrots, cut in ¾ in. cubes
¼ cup diced green pepper (optional)
4 tsp. salt
¼ tsp. pepper
3 cups boiling water
1 No. 2½ can tomatoes
2 tbsp. minced parsley

Saute bacon in deep kettle or Dutch oven until lightly browned. Remove bacon and set aside. In same kettle, saute onion slices until tender. Add fish, cut in 2½ inch pieces, add next seven ingredients. Simmer covered, until vegetables are tender, about 25 minutes. Add tomatoes, heat through. Garnish with parsley and bacon bits. Makes approximately 6 servings.

—Mrs. Clifford Olson

SCOTCH

ROCKFISH SALAD

2 cups flaked, cooked rockfish
1 cup coarsely chopped cucumber
2 tbsp. chopped pimiento
¼ cup chopped onion
½ tsp. salt
Dash of pepper
2 tbsp. lemon juice
½ cup mayonnaise or salad dressing
Lettuce cups

Combine all ingredients, except lettuce, being careful not to break the fish into small pieces. Chill. Serve in lettuce cups. Serves 6.

—Anne Strachan

CHINESE

STURGEON BALLS

2 pounds fresh sturgeon, finely ground
1 egg
2 tbsp. cornstarch
1 tsp. salt
2 stalks green onion, chopped
⅓ tsp. pepper
2 tbsp. soy sauce
¼ pound ham, chopped fine
½ cup water
1 tbsp. peanut butter
Chicken broth

Grind sturgeon twice, add remaining ingredients except onion. Whip together thoroughly, add onion and mix. Drop by small teaspoon into boiling chicken broth, and cook a few minutes until done. Serves 6 to 8.

For fish patties, eliminate chicken broth, form fish mixture into patties and fry on both sides in a small amount of peanut or salad oil.

—Mrs. Mary Lum

GERMAN

POINT ADAMS SPECIAL

2½ pounds canned salmon
1 No. 2½ can tomatoes, strained
1 tsp. salt
1 tbsp. sugar
1 tsp. pickling spices
1 medium size onion, chopped
2 tbsp. butter

Drain liquid from salmon and to it add strained tomatoes, salt, sugar, and pickling spices. Bring mixture to a boil and strain. Saute onion in butter until tender but not brown. Add strained tomato mixture. Remove any outside skin from salmon, cut in slices. Lay slices in tomato mixture and simmer for 30 minutes. Serves 8 to 10.

—Mrs. F. Kalm

AUSTRIAN

REZUTO

1 large onion
6 celery stalks (with leaves)
2 tbsp. oil
1 No. 2½ can tomatoes
1 8-ounce can tomato sauce
2 7-ounce cans minced clams
2 tbsp. parsley
2 cups water
Salt and pepper to taste
1½ cups uncooked rice

Dice onion and celery and brown in oil. Add remaining ingredients except rice and simmer 2 to 3 hours. Before serving add rice and cook 20 minutes longer or until rice is tender. Serves 8.

—Mrs. Charles Turina

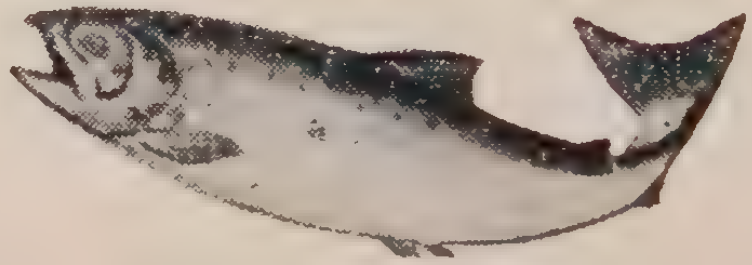
FINNISH

SMOKED SALMON WITH SOUR CREAM CUCUMBER

2 medium size cucumbers
¼ cup salt
½ cup sour cream
3 tbsp. vinegar
1½ tbsp. minced chives
¾ tsp. dried dill seed
1 tsp. salt
Dash pepper
Dash hot pepper sauce
Smoked salmon, thinly sliced
Buttered pumpernickel bread

Peel cucumbers, slice thin and sprinkle with salt. Let stand a few minutes, rinse with cold water, drain well. Mix sour cream with vinegar, chives, dill seed, salt, pepper, and pepper sauce. Combine with cucumber slices in a bowl. Chill 2-3 hours. Serve with thin slices of smoked salmon and triangles of buttered pumpernickel bread.

—Mrs. Rosella Agre



BAKED FILLETS MARGO

2 pounds rockfish fillets (rock cod)
Butter, melted
1 tsp. salt
1 tsp. mono-sodium glutamate
Speck of pepper
2 cups milk

Cream Sauce:
2 tbsp. butter
2 tbsp. flour
1 cup remaining milk in baking dish
¼ tsp. salt
Speck of pepper

Cut fish fillets into serving size pieces. Brush pieces with melted butter and sprinkle with salt, glutamate, and pepper. Place in shallow baking dish and completely cover with milk. Bake, uncovered in a moderate oven, 350 degrees, for 30 minutes. Remove fish to warm platter and keep warm.

To serve over fish, make cream sauce as follows: Melt butter and remove from heat. Blend in flour until smooth and add 1 cup remaining milk gradually. Return to heat and stir continually until thickened. Add seasonings and if desired, a bit of parsley or pimiento for color. Serves 6.

—Mrs. M. M. Lunning

GEFILTE FISH

3 pounds of fish (3 kinds)*

Cooking Liquid:

2 carrots
2 onions
1 stalk celery, diced
Salt and pepper
Water

Fish Balls:

1 large onion
2 eggs
1 slice white bread soaked in water
1 cup cold water
Salt and pepper

Remove skin and bones from fish. Set fish aside.

Place skin, bones. carrots, onions, and celery in a kettle. Cover with cold water, season with salt and pepper and cook until vegetables are soft. Strain liquid.

To make fish balls, put fish and the large onion through grinder, then place in bowl and add eggs, bread, water, and seasonings. Mix thoroughly. Form fish mixture into balls and cook in prepared liquid for one hour.

*It is best to use 3 kinds of fish, such as salmon, sturgeon, halibut, or fillets of other fish,

—Mrs. L. Friedman

SWEDISH COLD SALMON

6 to 8 pounds whole salmon
1 tbsp. mixed pickling spices
⅓ cup salt
6 tbsp. butter
3 tbsp. flour
1 cup milk
Salt
1 tbsp. sugar
⅓ cup lemon juice
3 egg yolks
1 tsp. dry mustard
¾ cup salad dressing (not mayonnaise)
1 cup whipped cream

Scale fish and clean thoroughly. Rinse well. Place a cheesecloth in a large kettle and place the fish in this. The cloth should be large enough to be knotted over the fish so the fish can be lifted out with the cloth. Add water, salt, and the pickling spices. Cover and simmer for about 40 minutes or until the fish is just tender. Remove cover and let fish stand in broth overnight in refrigerator. Lift out fish carefully. Remove skin and backbone, keeping the fish as whole as possible. Put the two sides of fish together on a platter.

Make a sauce by melting the butter. Add flour, blend, add milk. Cook and stir to thick sauce. Salt to taste and add sugar. Mix lemon juice with egg yolks and stir in. Add mustard and chill. When cold, fold in salad dressing and whipped cream Spread over salmon that has been chilled. Garnish.

—Mrs. A. H. Lofgren

ITALIAN

TUNA CASSEROLE

3 cups broken uncooked noodles
⅓ cup chopped onion
¾ cup sliced celery
2 tbsp. butter
2 tbsp. flour
1 tsp. salt
1 tsp. dry mustard
2 cups milk
1 tsp. Worcestershire sauce
Dash of tabasco
1 7-ounce can tuna
¼ cup chopped pimiento
¼ cup chopped parsley
¾ cup ripe olives, chopped
1 cup grated American cheese
1 cup buttered bread crumbs

Cook noodles in plenty of boiling, salted water until just tender. Cook onion and celery in butter until tender, blend in flour, salt and mustard. Add milk. Cook and stir until thickened. Blend in Worcestershire sauce, tabasco, flaked tuna, pimiento, parsley, olives, and cheese. Mix with cooked noodles and turn into a greased 3-quart casserole. Top with buttered crumbs. Bake one hour in moderate oven, 350 degrees. Serves 8 to 10.

—Mrs. Lyle Garrett

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